A tough decision can be made easier with these charts showing you the best five and worst five schedules for upcoming seven-day periods. Some of you used them last year but for the benefit of new readers here is a refresher. The number next to the team indicates the 'multiplier' to use on a player's point-per-game pace to give you an idea how many points to expect for that week.

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f Ilya Bryzgalov is your go to goalie in your fantasy pool, you had better hope that he puts together solid starts in the few games the Coyotes play over the next week. Phoenix plays two games during schedules starting on Friday, Tuesday, Thursday, Friday and Sunday, and having a whopping one game during the Wednesday-Tuesday schedule. If you were riding the hot streaks of Belanger and Korpikoski, drop them over the weekend.

Since their recent home stretch began eight games ago, the Preds have scored 29 goals (3.6 goals per game). They have two more games this upcoming week against the struggling Stars and Avalanche, as well as one against the Canucks.

While the Canucks have offensively dominated most teams in the league, they have only managed four goals in three games, going 1-2 against Nashville this year. Not that anyone would ever sit any Canucks this season, don't let the presence of Pekka Rinne and Jonathan Quick later in the week scare you away; they face Atlanta and Columbus on Friday and Sunday.

Best Bets
Ottawa 4.48 - WAS, @ATL, @TB, @FLA
Vancouver 4.21 - @ATL, @CBJ, @NAS, LA
Florida 4.20 - @BUF, @PIT, @CBJ, OTT
Carolina 4.14 - @TB, TB, @WAS, MON
Washington 4.10 - @OTT, @MON, CAR, CBJ
Steer Clear
Phoenix 1.81 - SJ, DAL
San Jose 2.00 - @PHX, DAL
Calgary 2.23 - @EDM, ANA
NY Islander 2.69 - PHI, @NJ, NYR
Columbus 2.90 - VAN, FLA, @WAS

Friday April 1, 2010

Best Bets
Ottawa 4.52 - @ATL, @TB, @FLA, TOR
Vancouver 4.21 - @CBJ, @NAS, LA, CBJ
Pittsburgh 4.12 - FLA, PHI, @TB, @FLA
Boston 4.03 - @PHI, CHI, TOR, ATL
Florida 4.00 - @PIT, @CBJ, OTT, PIT
Steer Clear
San Jose 2.00 - @PHX, DAL

NY Islander 2.69 - PHI, @NJ, NYR
Atlanta 2.94 - OTT, @MON, @PHI
Dallas 2.94 - @NAS, @PHX, @SJ
Washington 2.94 - @MON, CAR, CBJ

aturday April 2, 2010

Best Bets

Calgary 4.33 - @ANA, @LA, @SJ, @EDM
Nashville 4.11 - @BUF, EDM, ANA, DAL
New Jersey 4.10 - @CBJ, @BOS, @PIT, @BOS
Anaheim 4.00 - CGY, @DAL, @NAS, @CHI
NY Rangers 3.93 - @PIT, FLA, OTT, @BOS

Steer Clear

San Jose 1.90 - DAL, ANA
Calgary 2.00 - ANA, @STL
Phoenix 2.09 - DAL, COL
NY Rangers 2.24 - @BUF, @NYI
NY Islanders 2.78 - @NJ, NYR, CAR

unday April 3, 2010

Best Bets

Minnesota 4.32 - @STL, EDM, TB, @DET

Buffalo 4.19 - @TOR, NYR, @WAS, @CAR
Dallas 4.14 - @PHX, @SJ, @LA, @ANA
St. Louis 4.11 - MIN, @DET, CGY, @CBJ
Chicago 4.11 - @DET, @BOS, @CBJ, TB

Steer Clear

San Jose 1.90 - DAL, ANA
Phoenix 2.00 - DAL, COL
Atlanta 2.79 - @MON, @PHI, @BOS
New Jersey 2.84 - NYI, PHI, MON
Toronto 2.86 - BUF, @BOS, @OTT

Monday April 4, 2010

Best Bets

Minnesota 4.32 - @STL, EDM, TB, @DET

Los Angeles 4.23 - @EDM, @VAN, DAL, @SJ

Buffalo 4.19 - @TOR, NYR, @WAS, @CAR
Dallas 4.14 - @PHX, @SJ, @LA, @ANA
St. Louis 4.11 - MIN, @DET, CGY, @CBJ
Steer Clear
Phoenix 2.00 - DAL, COL
Atlanta 2.79 - @MON, @PHI, @BOS
San Jose 2.79 - DAL, ANA, LA
New Jersey 2.84 - NYI, PHI, MON
Detroit 2.85 - STL, @NAS, MIN
to Tuesday April 5, 2010
Best Bets
St. Louis 4.20 - @DET, CGY, @CBJ, COL
Dallas 4.13 - @SJ, @LA, @ANA, CBJ

Philadelphia 4.07 - ATL, @NJ, NYR, @OTT
Buffalo 4.05 - NYR, @WAS, @CAR, TB
Tampa Bay 4.01 - PIT, @MIN, @BUF, @CHI
Steer Clear
Phoenix 1.05 - COL
Florida 1.83 - OTT, PIT
Atlanta 2.73 - @PHI, @BOS, @NAS
San Jose 2.79 - DAL, ANA, LA
Detroit 2.85 - STL, @NAS, MIN
Wednesday April 6, 2010
Best Bets
St. Louis 4.20 - CGY, @CBJ, COL, @CHI
Washington 4.19 - BUF, CBJ, @TOR, FLA
Chicago 4.17 - @CBJ, TB, @MON, STL
Dallas 4.13 - @SJ, @LA, @ANA, CBJ

Boston 4.10 - TOR, ATL, @NYR, NYI
Steer Clear
Phoenix 2.03 - COL, @LA
Montreal 2.11- @NJ, CHI
NY Islanders 2.68 - NYR, CAR, @BOS
Atlanta 2.73 - @PHI, @BOS, @NAS
Florida 2.88 - OTT, PIT, @WAS
sday April 7, 2010

Best Bets
St. Louis 4.20 - CGY, @CBJ, COL, @CHI
Chicago 4.17 - @CBJ, TB, @MON, STL
Dallas 4.13 - @LA, @ANA, CBJ, COL

Colorado 4.10 - @PHX, CGY, @STL, @DAL
New Jersey 3.80 - PHI, MON, @PIT, TOR
Steer Clear
NY Islanders 1.79 - CAR, @BOS
Nashville 1.90 - DET, ATL
Florida 1.91 - PIT, @WAS
Phoenix 2.03 - COL, @LA
Pittsburgh 2.15 - @FLA, NJ
day April 8, 2010
Best Bets
Ottawa 4.52 - @ATL, @TB, @FLA, TOR
Vancouver 4.21 - @CBJ, @NAS, LA, CBJ
Pittsburgh 4.12 - FLA, PHI, @TB, @FLA
Boston 4.03 - @PHI, CHI, TOR, ATL
Florida 4.00 - @PIT, @CBJ, OTT, PIT
Steer Clear
San Jose 2.00 - @PHX, DAL
NY Islander 2.69 - PHI, @NJ, NYR
Atlanta 2.94 - OTT, @MON, @PHI
Dallas 2.94 - @NAS, @PHX, @SJ
Washington 2.94 - @MON, CAR, CBJ
rday April 9, 2010
Best Bets
Dallas 5.28 - @LA, @ANA, CBJ, COL, @COL
Minnesota 4.32 - TB, @DET, @VAN, @EDM
Tampa Bay 4.15 - @MIN, @CHI, @BUF, FLA
Carolina 4.14 - @NYI, BUF, DET, @ATL
Chicago 4.07 - TB, @MON, STL, @DET
Steer Clear
Phoenix 1.94 - @LA, SJ
Calgary 2.31 - @COL, EDM
NY Islanders 2.65 - CAR, @BOS, PIT
NY Rangers 2.66 - @PHI, BOS, ATL
Ottawa 2.85 - TOR, PHI, MON